

ABSTRACT OF THE DISCLOSURE

A weighted training device specifically adapted for use with hockey equipment. The training device includes a hand-malleable, weighted tape portion and a securement portion. The weighted tape portion is hand conformable to the shape and cross-section of hockey equipment, such as skates and sticks, while the securement portion wraps tightly about the equipment to firmly retain the position of the training device. The device has a substantially flat orientation so as to be unobtrusive and not interfere with game play during use. By varying the dimensional or material characteristics of the weighted tape portion, the overall weight of the training device can be modified so as to promote use by individuals ranging from small children all the way to adults. Application of the weighted training device requires no tools and only a minimum level of physical strength and dexterity to use.